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# Basic Biblical Counseling Principles

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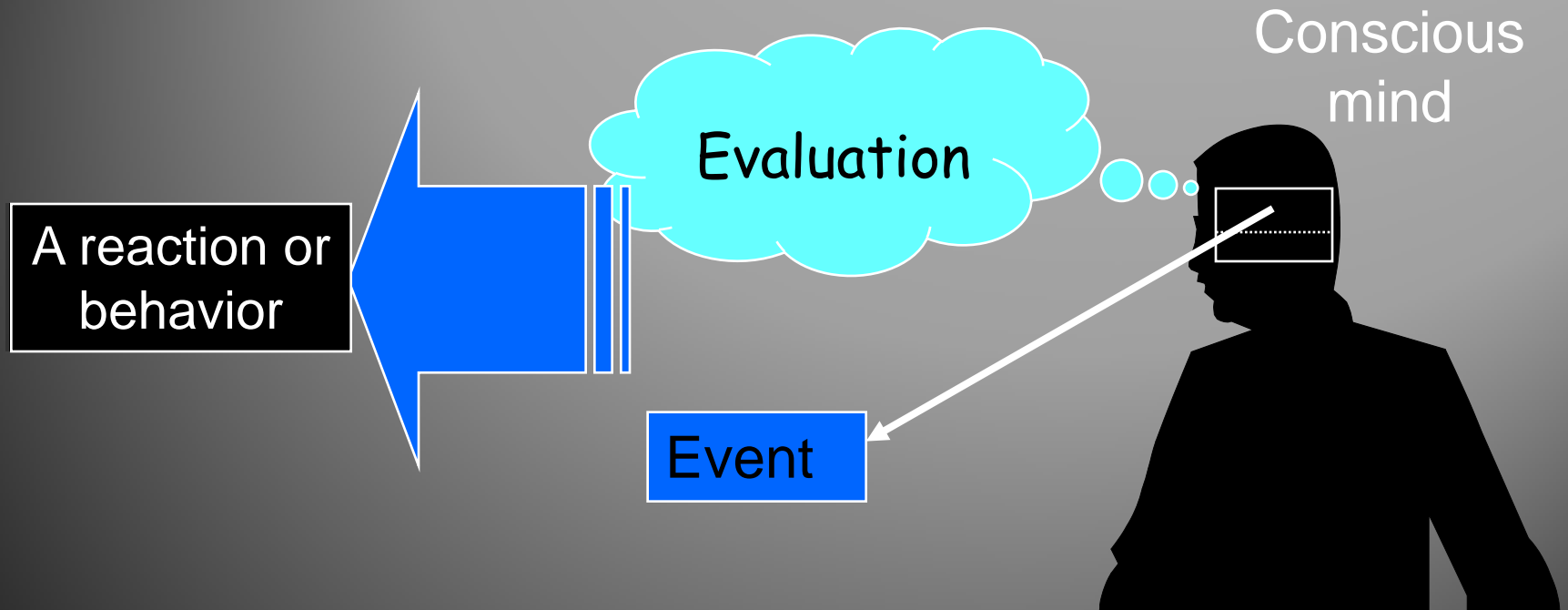
# Understanding to be an effective counselor

*Counseling is the application of wisdom to our personal problems. The primary source of wisdom is the Bible and the creative approaches to the application of its principles to lives.*

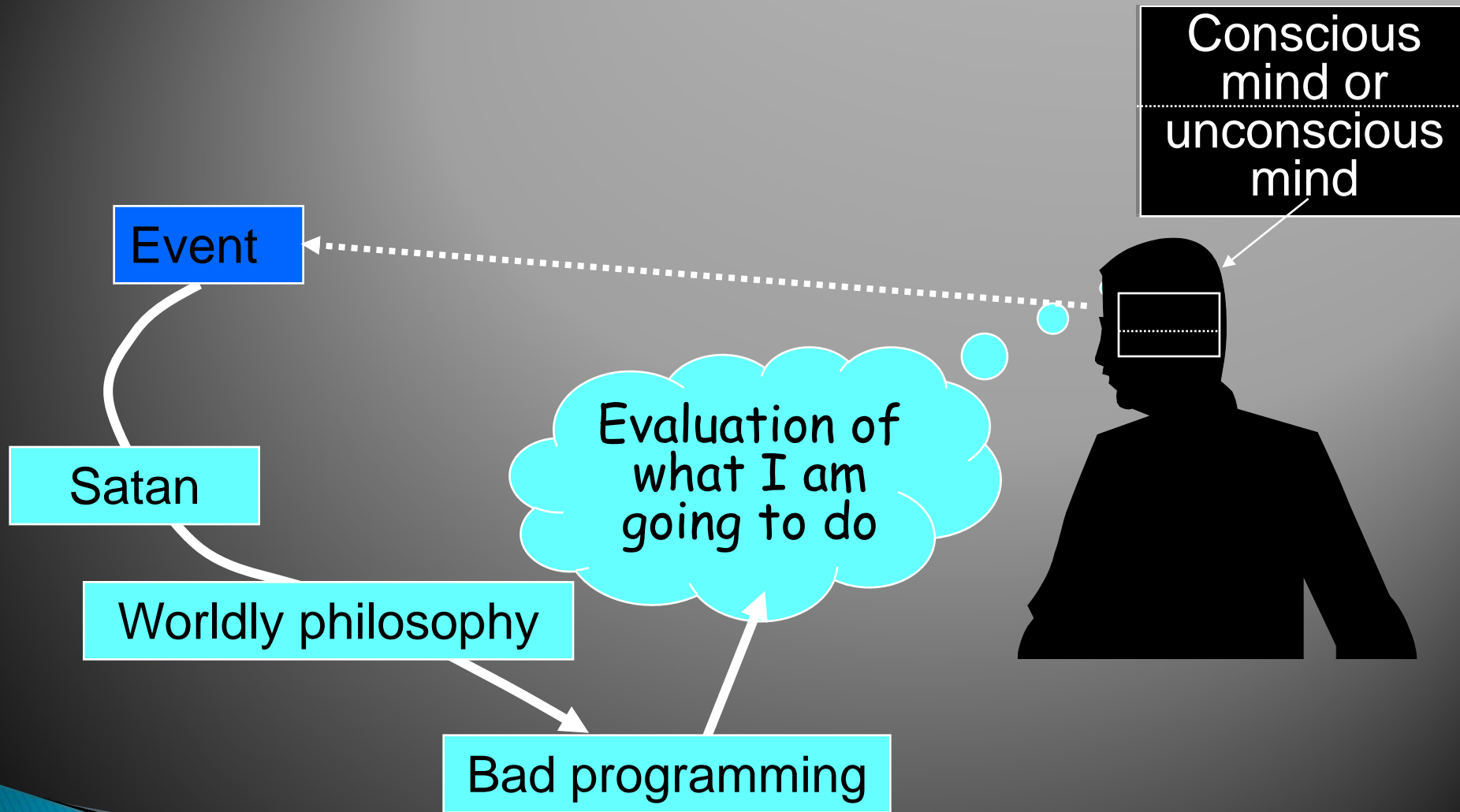
# Hierarchy of Needs



# Principles of how a person functions



# The process of unconscious decisions



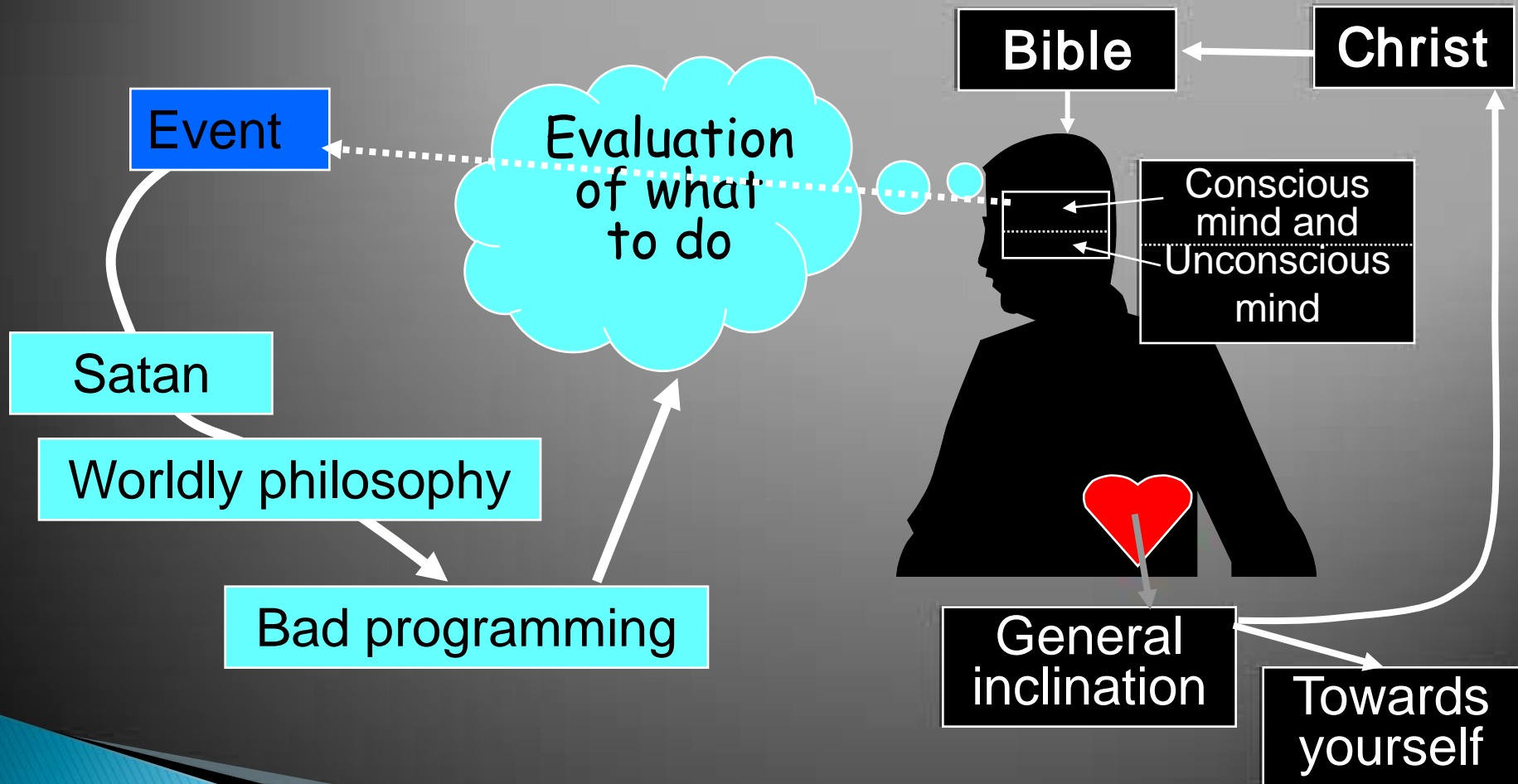
# False ideas some insist in believing

- ▶ *I need to experience financial success in order to feel good*
- ▶ *I can't tolerate criticism because it makes me feel insecure and a failure. Everyone should approve everything I do.*
- ▶ *My security depends upon my spiritual maturity.*
- ▶ *I cannot be a failure if I am going to respect myself.*
- ▶ *I believe that my significance depends upon my developed talent, so I do whatever is necessary to accomplish it.*
- ▶ *If I still can't accomplish it, my incapacity will be a threat, so ...*
  - *I will duplicate my effort in practice*
  - *I will think of an excuse to cease practicing (accident, sickness). I will say, "I could have been a great \_\_\_\_\_, if it were not for \_\_\_\_\_"*
  - *I am retire from this activity or dedicate myself to another activity or retire from everything so I don't feel like a failure.*

# Resistance to being honest with yourself

- ▶ An idea has been years in formation, and reinforced by experiences and observations.
- ▶ They are more than logical ideas, rather are affective (formed with emotions) and cognitive (formed through personal reasoning)
- ▶ The value of the relationship with the counselor and the confidence that he will not make me feel rejected are vital.
- ▶ Deceiving yourself is difficult to admit (denial) because of pride and self-esteem.

# Influence of the Heart

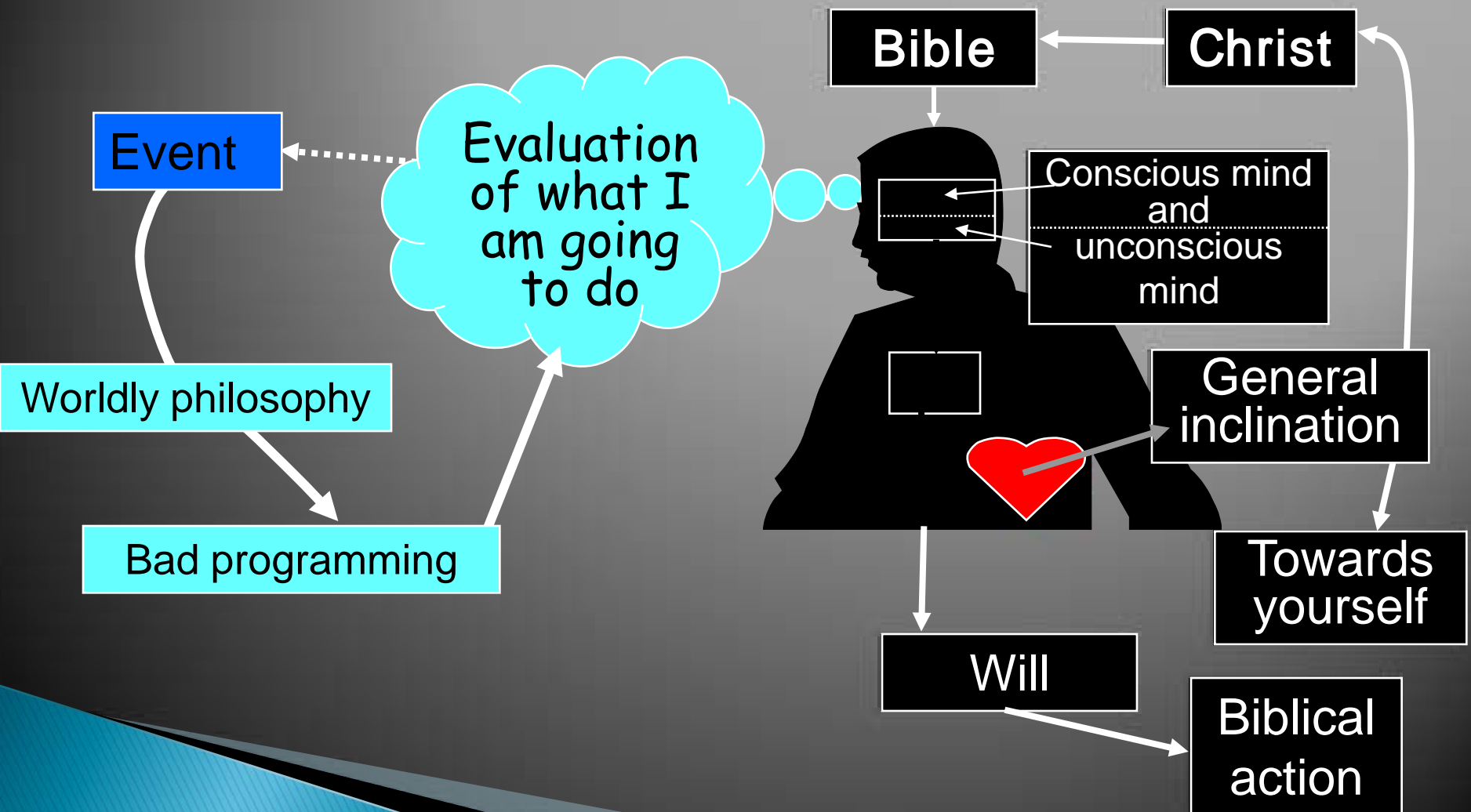




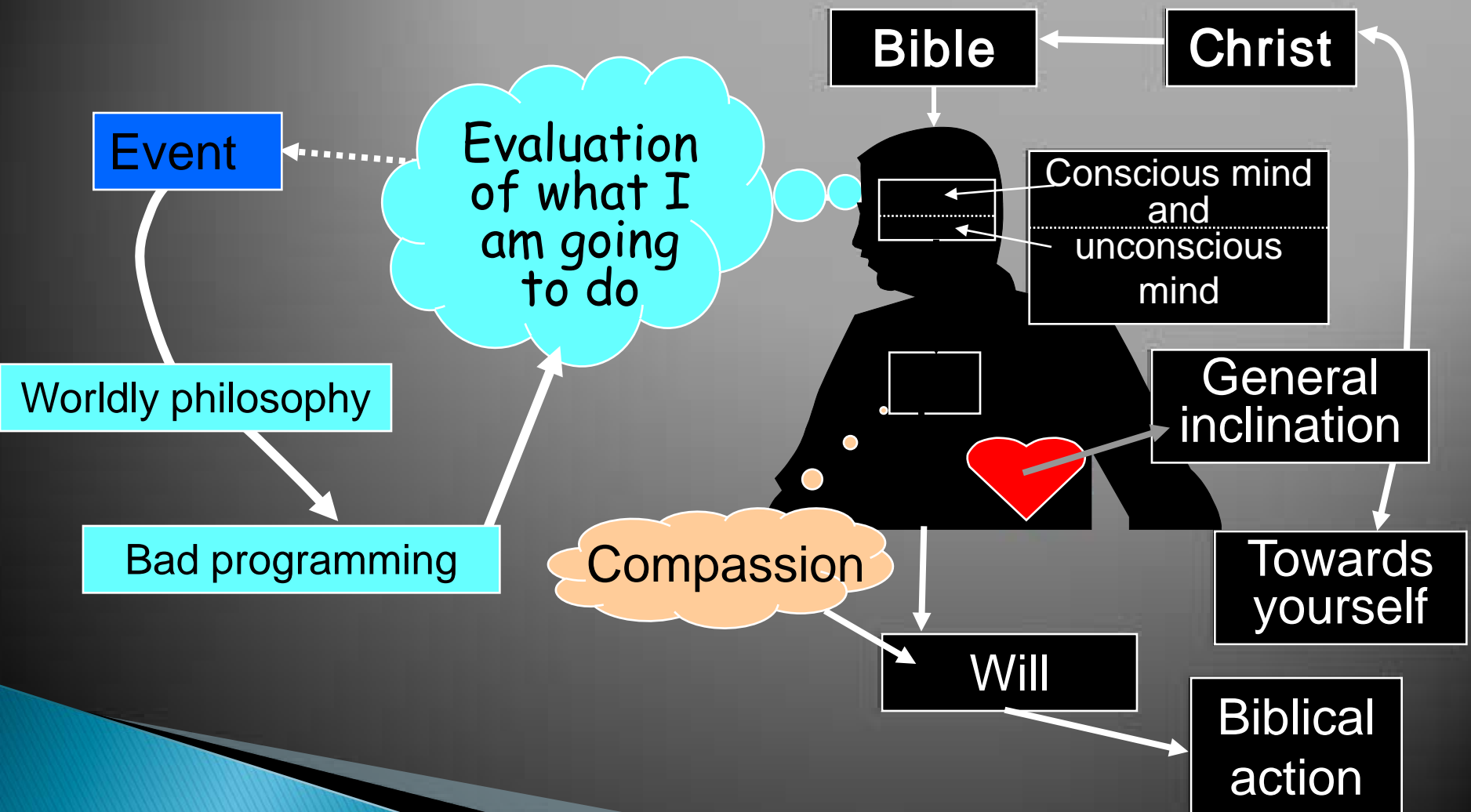
# Response of a Biblical Heart

*My security and significance as a person depend only upon my relationship with Christ. Although I don't enjoy feeling rejected now (etc.), my value as a person still has not been touched. My present experience is not a disaster to me personally. I know that God can make a good result from every circumstance; so , I will continue and will trust even more in Him, and I will try to respond Biblically without quitting (Fil 1:12-18)*

# Will of Man



# Compassion, *inward affection*



# Development of problems

Needs



Motivation

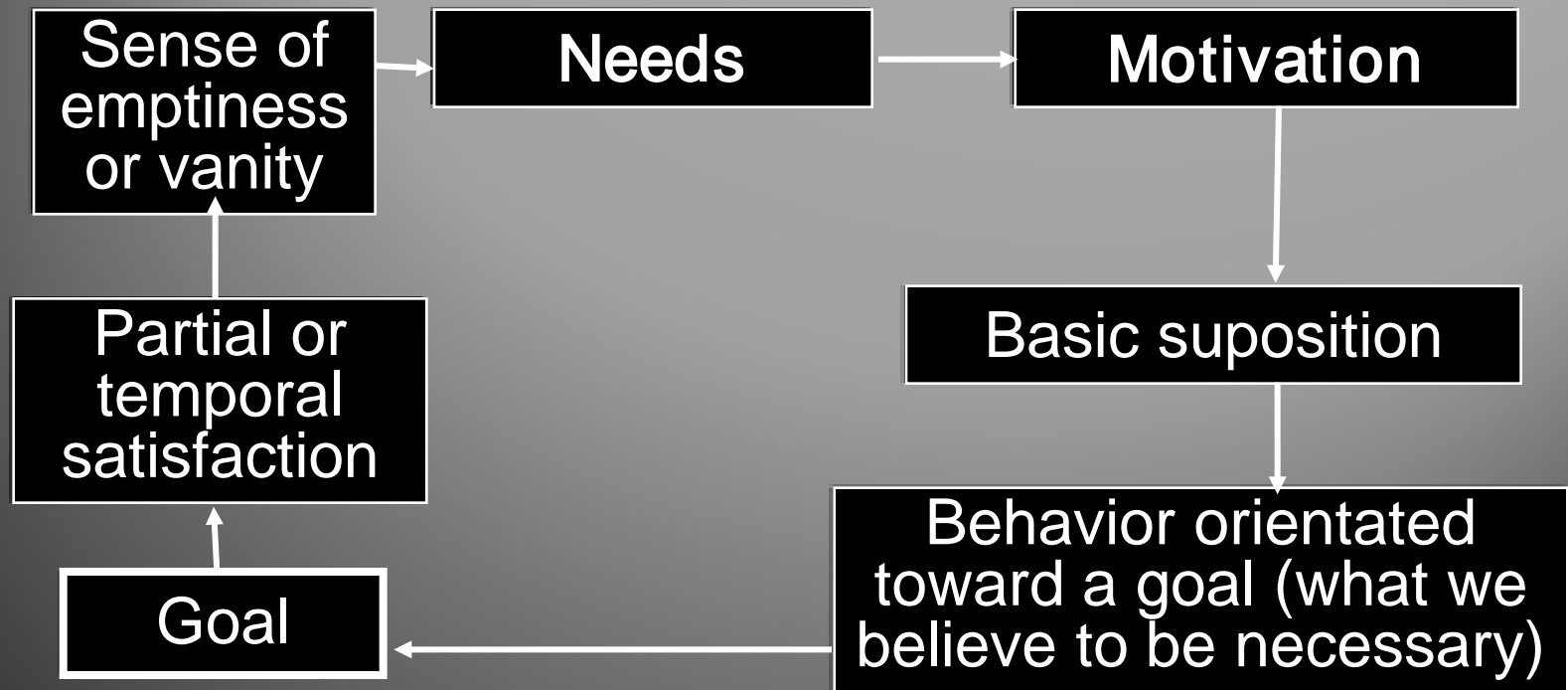
▶ ***I will be significant if ...***

- *I have money*
- *I'm the best or most distinguished*
- *I never make a mistake*
- *My children behave well*
- *I am included in important circles*

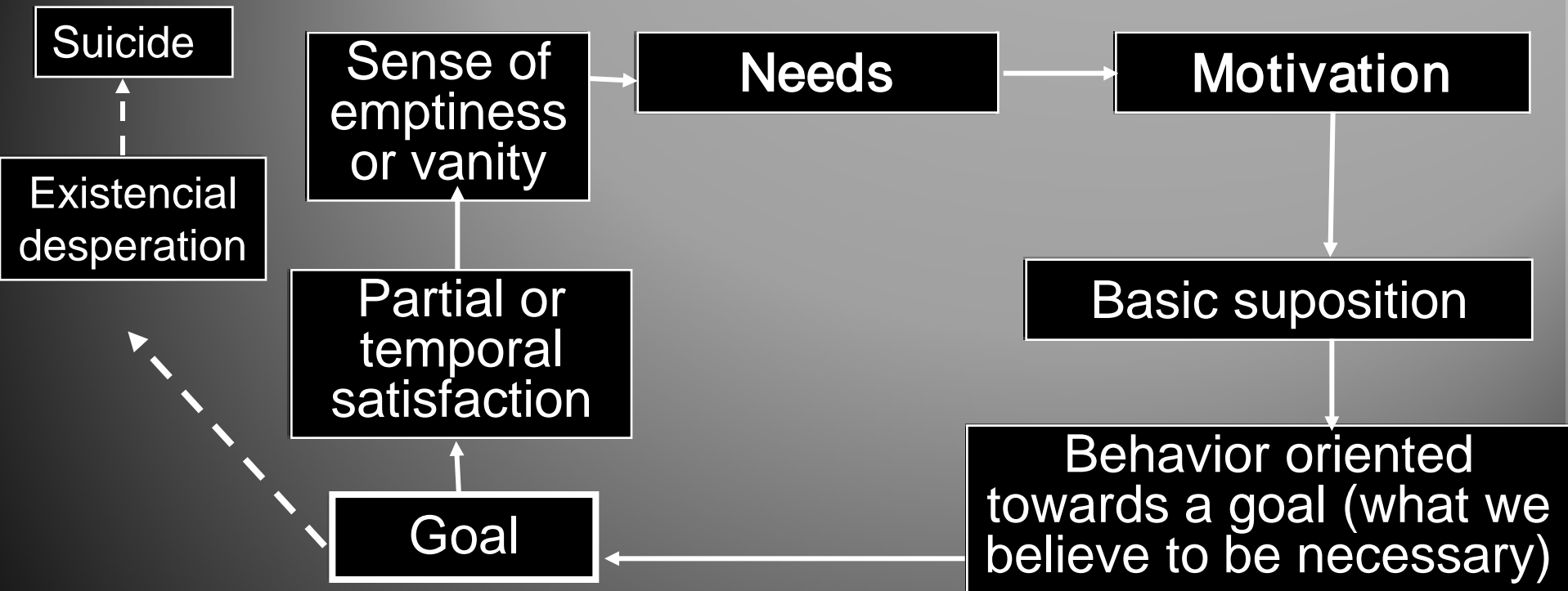
▶ ***I will be secure if ...***

- *I have a mate that loves me*
- *No one ever criticizes me*
- *Everyone accepts me*
- *My situation never changes and I continue secure in my business*

# Continuation of the problem



# Extrem consequences of problem



# Manifestation of the problem

Needs

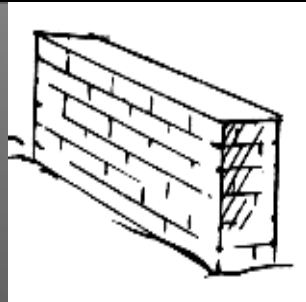
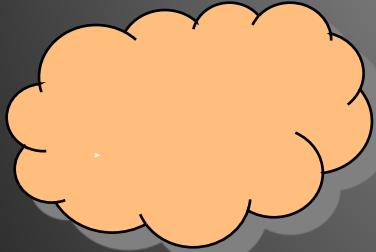
Motivation

*Obstacle*

Basis supositions

Behavior oriented  
towards a goal (what we  
believe to be necessary)

Frustration



# Categories of frustration–reactions to problems of reaching goals

1. Unreachable goals – – – – – → Guilt
2. External circumstances – – → Resentment
3. Fear of failure – – – – – → Depression,  
anxious